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TAKING THE STING OUT OF CANCER TREATMENT

by Brian Dailey, MD, FA CEP, FACFE

Dr. Brian Dailey is an active member of TMI's Professional Division and our Dolphin Energy Club remote healing group. He was originally trained in surgery and currently works in a trauma center. Dr. Dailey is also knowledgeable in a wide spectrum of complementary therapies, which he also offers to his patients, more and more of whom have been challenged by cancer in the last two years. When Brian and Laurie Monroe met in Atlanta, Georgia, to be interviewed for a television pilot on out-of-body experiences, he shared his inspiration for a Hemi-Sync tape to address chemotherapy side effects. Barely a month had passed when Jim Greene's illness lent new urgency to the project. TMI's expertise, Jim's need, and Brian's ideas combined to make Chemotherapy Companion a reality in record time.

Just before her twenty-first birthday, Gretchen Grimm, a journalism major at Saint Bonaventure University, was diagnosed with Hodgkin's lymphoma. The seriousness of her illness did not hit her immediately; however, she soon began chemotherapy at the internationally famous Rosewell Cancer Institute in Buffalo, New York. In October 1999, she chose to discontinue chemotherapy after only four of the twelve scheduled treatments due to severe nausea, vomiting, and hair loss.

Gretchen graduated from college and moved to Boston, Massachusetts, where she switched to an organic diet and used herbs, in keeping with her holistic beliefs. For a year the regimen appeared to keep her cancer in check. Then the tumor renewed its aggressive growth. Her chiropractor, Dr. Lisa Merritt, suggested that she speak with me because I had been assisting patients with healing their cancers and coping with the effects of chemo and radiation therapy.

We spoke by phone, and Gretchen traveled to Rochester, New York, for a follow-up CAT scan of her chest at Rochester General Hospital, where I am on staff. The results were difficult to accept. In one year her tumor had grown from 2 x 4 cm, to 6 x 8 cm and surrounded her heart. She had pleural and pericardial effusions (fluid surrounding the heart and in the lungs). There was no "wiggle room"—time to explore various treatment regimens. She had to act, and quickly. I asked ten cancer patients which doctor they would recommend to a loved one needing cancer treatment. Nine out of ten named Dr. John Phalen of the Rochester General Hospital Cancer and Blood Disorders Center.

Gretchen found Dr. Phalen to be an extremely bright, compassionate physician. He readily listened to her needs and desires and was willing to incorporate her belief systems into her treatment regimen. To her chagrin, he strongly recommended chemotherapy, which is the best treatment for Hodgkin's lymphoma. She was initially resistant to what she saw as a toxic

poison, injurious to her body. Moreover, she was to be a bridesmaid on May 26, 2001, and wanted to keep her hair. The other bridesmaids joked, "If you are bald, we'll shave our heads as well." By now Gretchen had developed a chronic cough and knew that treatment must be started at once.

We worked together to change her thinking regarding chemotherapy. I explained that it was designed to make her whole, perfect, and complete. A highly trained pharmacist would work closely with her doctor to select the best medications and blend them into a "love potion" created for her alone. She also reframed her perceptions of the usual side effects. Gretchen remembered feeling ill and also being depressed because she had no idea when it would end. I explained that when chemotherapy kills the cancer cells the toxins and debris clog the energy field and that's what causes the nausea and vomiting. The side effects were actually signs that her "love potion" was working. Once she understood that, it was easier to see the treatment in a more positive light. More importantly, she learned several techniques to remove the toxins and debris from her energy field, thus eliminating nausea and vomiting altogether and increasing overall well-being.

Hemi-Sync METAMUSIC and the new *Chemotherapy Companion* CD became important components of her wellness regimen, along with an organic diet, herbs, Reiki, and crystal therapy. Laurie Monroe and Monroe Products developed the exercise specifically to assist patients undergoing chemotherapy. Its carefully chosen guided imagery helps the patient relax, and encoding signals help reduce or eliminate gastric side effects (Plus-Stomach, Calm) and promote overall healing (Plus-Heal). The beta version of *Chemotherapy Companion* arrived as I was on my way to Gretchen's house for a Reiki and crystal therapy session. She had received chemo the day before and was having a severe reaction.

When I got there, she had been kneeling in front of the toilet for several hours, retching violently. She was weak, pale, and dehydrated. She was placed in bed, the headphones were slipped into place, and the first trial of *Chemotherapy Companion* started. Forty-five minutes later Gretchen awoke and said, "That was awesome!" She looked and felt much improved. Her second comment was, "I recognize that voice (Dr. Darlene Miller). It was like hearing from an old friend." She had been using the POSITIVE IMMUNITY PROGRAM, which Dr. Miller also narrates. After one more brief episode of vomiting, she "felt fine." She ate lunch without difficulty, although she'd taken no food or drink for twelve hours, and has had little or no problem since. She also listens to *Gaia*, *Inner Journey*, and *Higher* regularly. Dr. Phalen recently asked, "What are you doing different to appear so relaxed?" Gretchen told him she listened to METAMUSIC before each chemo treatment. His advice was "keep it up."

Her most recent chest CAT scan showed an incredible tumor response to the combined therapies. It has regressed to 2 x 4 cm, the pleural and pericardial effusions and cough have resolved, and Gretchen looks and feels great. Chemotherapy will end in July, and she plans to

move back to Boston. Interestingly, she has had no hair loss this time, much to the relief of the other bridesmaids, who also get to keep their hair! The wedding is this weekend, and she will be elegant in her gown. Gretchen joins me in thanking everyone involved for developing Chemotherapy Companion.

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